



Serves: 4

Tangy Tomato Chilli Prawns

Ingredients

- Medium-sized prawns, deshelled and deveined 200g
- Kailan, rinsed in water and cut into pcs 300g
- Egg 1
- Tomato ketchup 2 tbsp
- Chilli sauce 2 tbsp
- Garlic, chopped 2 cloves
- Shallots, chopped 1
- Red chilli, chopped 1
- Light soy sauce 1 tbsp
- Sugar 1 tsp
- Hua Tiao Chinese wine 1 tbsp
- Chicken stock 4 tbsp
- Canola oil 1 tbsp

Tips:

- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil and seasonings used in cooking.
- Use fresh ingredients, herbs and spices or low sodium seasonings as flavor enhancers for soup stock.
- Fruit and vegetables are low in sodium and high in potassium. This helps to maintain a healthy blood pressure.

Method

- Poach kailan in boiling water.
- Add oil, then garlic, shallots and chilli in a wok and stir-fry until fragrant.
- Add prawns and stir-fry until it turns red.
- Add tomato ketchup and chilli sauce, soy sauce, chicken stock, Chinese wine and sugar.
- Let sauce cook for a while until the amount is reduced.
- When almost ready, quickly add egg and mix into the sauce.
- Serve hot with kai lan at the side.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 158kcal

Protein 13.1g

Total fat (g and % of total calories)
5.1g (28.9%)

Saturated fat 0.7g

Cholesterol 150mg

Carbohydrate 14.3g

Dietary Fibre 0.7g

Sodium 441mg